

The Seed is the Word of God

CURRICULUM GUIDE

GRADE ONE



School of Evangelization

ROMAN CATHOLIC DIOCESE OF BROOKLYN



Office of the Bishop

Diocese of Brooklyn

310 Prospect Park West
Brooklyn, New York 11215

May 15, 2014

Dear Monsignor / Father, Catechetical Leader, and Catechist:

Our Holy Father, Pope Francis, in his address to participants during the pilgrimage of catechists on the occasion of the Year of Faith and the International Congress on Catechesis, said, “It is perhaps the best legacy we can pass on: the Faith! To educate in the Faith, to make it grow, to help children, young people, and adults to know and love the Lord more and more is one of the most exciting aspects of education. It builds up the Church!”

The School of Evangelization, formed under my direction in the fall of 2013, fosters the ongoing Faith formation and education of all involved in this most important ministry of the Church: the young and the old, the student and the catechist, the parent and the pastor.

I encourage you to promote the catechetical mission of the Church in our parish programs and academies and schools in Brooklyn and Queens by using this *The Seed is The Word of God Curriculum Guide* as your primary catechetical guide.

Please be assured that all involved in the education and formation in the Faith of our young people and their parents, so vital a part of our Church today, are remembered daily in my masses and prayers.

In a special way, I thank Mr. Theodore Musco, Executive Director of the School of Evangelization and Director of the Office of Faith Formation; Sr. Alice Michael, SUSC, Coordinator, RCIA and Children's Faith Formation; Mrs. Frances DeLuca; Miss Mary Flannery and Mr. Lawrence Rilla for their contributions to this Curriculum Guide.

Asking Christ Our Teacher to extend His choicest blessings upon you and with every best wish, I am

Sincerely in Christ,

Most Reverend Nicholas DiMarzio, Ph.D., D.D.
Bishop of Brooklyn



Introduction

Since 2011, *The Seed is the Word of God Resource for Catechetical Planning* has served as the primary resource for organizing our religious education programs in the parishes, schools, and academies of the Diocese of Brooklyn. It was written to provide pastors, administrators, catechetical leaders, catechists and parents the tools necessary to ensure that a well-planned and complete program of religious education is available for every student. It also provided guidance for ensuring parish programs of lifelong faith formation (Appendix One).

I am pleased to present the new *The Seed is the Word of God Curriculum Guide*. Revisions have been made to the original 2011 document based on the comments by many of you in the field. Outcomes are now organized for kindergarten through grade eight by individual grade. Standards and outcomes are presented for each of the core courses found in the *Doctrinal Elements of a Curriculum Framework* (United States Conference of Catholic Bishops) for young people of high school age. Vocabulary words, saints, prayers, and liturgical terms have been added to kindergarten through grade eight sections. Appendices include a Plan for Lifelong Formation, Media Resources, Parent/Adult Standards and Outcomes, Sacrament Standards, USCCB Approved Texts, and a listing of important Church documents regarding the New Evangelization and Catechesis.

The Seed is the Word of God Curriculum Guide provides the catechist with the resource for teaching the faith comprehensively to children and youth. It contains the following:

- **SIX TASKS OF CATECHESIS** found in the *National Directory for Catechesis*. These serve as the basic doctrinal building blocks for organizing our religious education programs.
- **STANDARDS** that serve as statements of what the Church teaches. The textbook you use will provide the materials and methods to communicate the Church's teaching.
- **OUTCOMES** that state what the learner will know, believe, or be expected to do at the end of the lesson and will indicate how that knowledge or skill will be demonstrated.

When planning to teach religion, a catechist will make use of the following resources in this particular order:

- **FIRST** Scope and Sequence (from your program's approved text)
- **SECOND** Catechist Manual (from your program's approved text)
- **THIRD** *The Seed is the Word of God Curriculum Guide*

The Seed of the Word of God will help the catechist determine whether progress has been made at the specific grade level. The catechist will use the document as a checklist to indicate those standards and outcomes that have been successfully completed. The catechist will make use of this guide throughout each catechetical year to determine that the required standards and outcomes are being met.

Thank you for your faithfulness and commitment to the ministry of catechesis.

Theodore J. Musco
Executive Director
School of Evangelization



GRADE ONE

CATECHETICAL TASK ONE: CREED

Catechesis promotes knowledge of the faith.

Standard One: We believe in God the Father as our Creator.

OUTCOME: By the completion of Grade One, the learner should:

- Be able to identify what God created

Standard Two: We believe in Jesus Christ as the Divine Son of God.

OUTCOME: By the completion of Grade One, the learner should:

- Know that Jesus died (Good Friday) and rose for us (Easter Sunday)

Standard Three: The Bible is the revealed Word of God.

OUTCOME: By the completion of Grade One, the learner should:

- Understand the meaning of simple Bible stories such as the story of creation in the Book of Genesis

Standard Four: Catholic teaching is based on Sacred Scripture, the Creeds, and the *Catechism of the Catholic Church*.

OUTCOME: By the completion of Grade One, the learner should:

- Learn that Mary is the Mother of Jesus

Standard Five: We believe that men and women are created to live in union with God in this life and in Heaven forever.

OUTCOME: By the completion of Grade One, the learner should:

- Be familiar with the Bible story of Adam and Eve



GRADE ONE

CATECHETICAL TASK TWO: SACRAMENTS

Catechesis promotes a greater participation in the Liturgy and the sacraments of the Church.

Standard One: Encourage active participation in the Mass and various other liturgical celebrations of the faith community.

OUTCOME: By the completion of Grade One, the learner should:

- Recognize that the priest leads the worship in Church and the deacon assists the priest at Mass

Standard Two: Promote a basic understanding of the Catholic Church as the People of God.

OUTCOME: By the completion of Grade One, the learner should:

- Know that we are created to be part of God's family of believers

Standard Three: Catholics prepare to celebrate the sacraments with an emphasis on the centrality of the Eucharist.

OUTCOME: By the completion of Grade One, the learner should:

- Understand that the Sacrament of Baptism welcomes us into the Catholic Church and into a life of Faith in Jesus

Standard Four: Instill a sense of priority to actively participate in Sunday Mass and Holy Days of Obligation.

OUTCOME: By the completion of Grade One, the learner should:

- Recognize Sunday as the Lord's Day, a day of rest



GRADE ONE

CATECHETICAL TASK THREE: MORALITY

Catechesis promotes moral formation in Jesus Christ.

Standard One: Catechetical programs teach the reality of sin and evil in the world.

OUTCOME: By the completion of Grade One, the learner should:

- Understand that God who is a loving Father has expectations for each of us just as our parents/guardians do

Standard Two: Jesus is the model for Catholic/Christian living and decision making.

OUTCOME: By the completion of Grade One, the learner should:

- Understand that stories in the New Testament help us to know Jesus as one who cares about us and others

Standard Three: A person's conscience is formed by Church teachings.

OUTCOME: By the completion of Grade One, the learner should:

- Begin to follow Church teachings as taught by their parents and catechists

Standard Four: Catechetical programs present and explain age-appropriate moral truths concerning human life.

OUTCOME: By the completion of Grade One, the learner should:

- Be able to recognize that God and their parents love them even though they might do something wrong



GRADE ONE

CATECHETICAL TASK FOUR: PRAYER

Catechesis teaches the Christian how to pray with Christ.

Standard One: Learners actively participate in the Mass, various forms of worship, formal prayers, and devotions.

OUTCOME: By the completion of Grade One, the learner should:

- Understand that the Church is the place we go to pray and worship God with others

Standard Two: Catechetical programs support and empower parents as the primary educators of their children.

OUTCOME: By the completion of Grade One, the parents should:

- Work with their children to memorize and pray basic prayers

Standard Three: Private prayer is a means by which we communicate with God and strengthen our relationship with Him.

OUTCOME: By the completion of Grade One, the learner should:

- Understand that we can always talk to God privately and He will hear our prayer



GRADE ONE

CATECHETICAL TASK FIVE: EVANGELIZATION

Catechesis prepares the Christian to live in community and to participate actively in the life and mission of the Church.

Standard One: A variety of vocational callings are a response to one's Baptism in Christ.

OUTCOME: By the completion of Grade One, the learner should:

- Listen to stories of people who led good and holy lives by responding to their Baptismal calling

Standard Two: Engage the learner in service to the community as a response to the Gospels and as a primary way of coming to know, love, and serve God.

OUTCOME: By the completion of Grade One, the learner should:

- Help others by serving as Jesus did

Standard Three: Promote understanding and respect for different cultures and religions.

OUTCOME: By the completion of Grade One, the learner should:

- Know that God created each of us as individuals with specific gifts and talents

Standard Four: Support the exercise of responsible stewardship for the gift of God's creation.

OUTCOMES: By the completion of Grade One, the learner should:

- Realize that God created everything out of nothing
- Realize that everyone is responsible for caring about God's creation



GRADE ONE

CATECHETICAL TASK SIX: EVANGELIZATION

Catechesis promotes a missionary spirit that prepares the faithful to be and to give a clear Christian witness in society.

Standard One: Society, as well as the individual, must work to apply the principles of social justice and peace-making to personal and societal situations.

OUTCOME: By the completion of Grade One, the learner should:

- Know that we must love others as God loves us

Standard Two: Acknowledge and affirm the dignity of each human person.

OUTCOME: By the completion of Grade One, the learner should:

- Understand that we are to care for the needs of others by being kind and considerate

Standard Three: The Ten Commandments and the Eight Beatitudes provide a foundation for Catholic/Christian living.

OUTCOME: By the completion of Grade One, the learner should:

- Recognize the stories in the Bible that relate to the Ten Commandments and the Eight Beatitudes

BIBLE	SAINTS	PRAYERS	LITURGY
Adam and Eve	St. Francis of Assisi	Hail Mary	Liturgical colors
Moses (birth)	St. Anthony of Padua	Glory be	White or gold (Christmas, Easter, Solemnities)
Visitation	St. Therese of Lisieux		Green (Ordinary Time)
Presentation in the Temple			Purple (Advent and Lent)
Finding of Jesus in the Temple			Red (Pentecost, feast of the apostles and martyrs)
			chalice
			ciborium
			cruets



Appendix One: Life-long Faith Formation Objectives Plan

Life-long Faith Formation Objectives Plan is based on the Four Pillars of the *Catechism of the Catholic Church* (CCC) and on broad learning objectives for various stages of growth and development. Life-long Faith Formation Objectives Plan is to be used by parish, school, and academy leadership to plan and organize programs of life-long formation in conjunction, wherever possible, with the information found in *The Seed is the Word of God Curriculum Guide*, 2014.

STAGES OF GROWTH	Pillar 1: CREED The Profession of Faith	Pillar 2: SACRAMENTS The Celebration of the Christian Mystery	Pillar 3: MORALITY Life in Christ	Pillar 4: PRAYER Christian Prayer Community and Service
<p>Infants Age 0-3</p> <p>"God's love is communicated to infants. . . primarily through their parents." NDC, #177</p> <p><i>The role of the parent as Catechist is...</i></p>	<ul style="list-style-type: none"> To read Bible stories To speak about Jesus especially at Christmas and Easter time. 	<ul style="list-style-type: none"> To nourish the faith that was promised in Baptism through story telling and sharing family photos 	<ul style="list-style-type: none"> To form and practice Christian values To encourage family life as modeled by the Holy Family To celebrate the gift of life 	<ul style="list-style-type: none"> To teach basic children's prayers To pray at certain times of the day To incorporate prayer into everyday life To speak normally and naturally about God
<p>Children Age 4-11</p> <p>"Catechesis for school-age children 'is an initial catechesis but not a fragmentary one, although in an elementary way, all the principle mysteries of faith and their effects on the child's moral and religious life." CT, #37</p>	<ul style="list-style-type: none"> To emphasize that growth in faith is gradual and incremental To develop an appreciation of the Gospel stories, especially the parables of Jesus To provide ongoing faith formation in the home as well as in the school To link the idea of family stories with Bible stories 	<ul style="list-style-type: none"> To provide family-centered opportunities where Liturgy and Catechesis are linked To promote an adequate preparation for the community's celebration of the Eucharist To provide appropriate Sacramental preparation for both candidates and parents To offer regular opportunities for the celebration of the Sacrament of Penance 	<ul style="list-style-type: none"> To present Jesus as a model for Christian living To recognize the dignity of each individual person To encourage a respect of other cultures and religions To provide opportunities for personal and spiritual development To teach age appropriate moral truths 	<ul style="list-style-type: none"> To provide experiences of communal prayer To promote private prayer as an opportunity for personal communication with God To learn more formal prayers To experience various liturgies
<p>Adolescents Age 12-17</p> <p>"The catechesis of young people 'Prepares [them] for the important Christian commitments of adult life.' CT, #39</p>	<ul style="list-style-type: none"> To emphasize a more mature understanding of belief in God To provide for the reading, study and meditation of Sacred Scripture To live one's Baptismal commitment to evangelization To recognize Christ in the face of others: family, friends, teachers, etc. To offer various learning and teaching styles to encourage growth in the Faith 	<ul style="list-style-type: none"> To offer thoughtful and creative preparation opportunities for the Sacrament of Confirmation To provide ways for adolescents to participate alongside adults in the celebration of Liturgies and Sacraments To provide opportunities for teens to actively plan and participate in the Sunday Liturgy To provide a basic understanding of the various "states in life" and the charisms of each 	<ul style="list-style-type: none"> To provide examples of Christian living by those who are trusted and admired To be mindful of the physical, social, and psychological differences of individuals and provide for each adolescent's needs To provide ways of understanding what religion (Christianity) has to do with life To encourage the learner to better understand and respect those of different faiths 	<ul style="list-style-type: none"> To promote ways to develop a deeper prayer relationship with God To provide ways of participating in liturgical prayers with understanding To provide ways to serve the community in a prayer leadership role To integrate prayer experiences into the individual's life



STAGES OF GROWTH	Pillar 1: CREED The Profession of Faith	Pillar 2: SACRAMENTS The Celebration of the Christian Mystery	Pillar 3: MORALITY Life in Christ	Pillar 4: PRAYER Christian Prayer Community and Service
<p>Young Adults Age 18-25</p> <p>"The inspiration for catechesis for young adults is Christ's proposal... 'come follow me.'" NDC, p. 196</p>	<ul style="list-style-type: none"> To provide retreat experiences for the deepening of one's faith life To raise issues with young adults that would help them make moral decisions To offer regular, age appropriate catechetical experiences that are a way of life, not an occasional event 	<ul style="list-style-type: none"> To provide various opportunities for participation in the Sacraments of the Church To encourage active consideration of one's vocational call To provide adequate preparation for marriage To provide parent sessions in preparation for the Baptism of infants 	<ul style="list-style-type: none"> To encourage an acceptance of Christ's call to "Come follow me" To provide "points of contact" for young adults To provide parish and diocesan programs of evangelization that will encourage people to meet Christ or come back to Him through a personal invitation 	<ul style="list-style-type: none"> To draw young adults into the liturgical, pastoral, and communal life of the Church To provide prayerful retreat experiences To encourage regular attendance at Sunday Liturgy
<p>Adults Age 26-65</p> <p>"... Adults have a right and a duty to bring to maturity the seed of faith sown in them by God." GDC, #173</p>	<ul style="list-style-type: none"> To recognize and respect the maturity with which adults receive and convey the Teachings of the Church To emphasize the Church's social teachings To encourage the regular reading of and reflection on the Sacred Scripture To provide opportunities for ongoing faith formation especially, but not limited to the teachings of our faith, the Creed, and the history of the Church 	<ul style="list-style-type: none"> To encourage participation in the sacraments with family members and friends To provide regular opportunities for the reception of the Sacrament of Penance To celebrate the Sacrament of Marriage and encourage a Catholic family life 	<ul style="list-style-type: none"> To focus on the universal call to holiness To adhere to the Church's teachings regarding the dignity of the human person To engage in the ecumenical and interreligious dialogue and prayer 	<ul style="list-style-type: none"> To prioritize regular prayer time To engage in various traditions of Catholic spirituality To promote regular Mass attendance To recognize and participate in the daily prayer life of the Church
<p>Older Adults Age 66 and older</p> <p>"... the church owes the elderly 'adequate catechetical care.'" NCD, p 193</p>	<ul style="list-style-type: none"> To provide opportunities for the sharing of one's faith with others To encourage age-appropriate ongoing faith formation To provide activities for connection to the larger community of faith 	<ul style="list-style-type: none"> To encourage a sharing of one's sacramental experiences with those of other generations To provide opportunities for participation in the sacramental life of the Church 	<ul style="list-style-type: none"> To encourage older people to become providers of pastoral care, not merely recipients of pastoral care 	<ul style="list-style-type: none"> To encourage a reflective prayer life To encourage private prayer for the needs of self, others and the Church

General Directory for Catechesis (GDC), Congregation for the Clergy, 1997
National Directory for Catechesis (NDC), United States Conference of Catholic Bishops, 2005
The Catechism of the Catholic Church (CCC), The Holy See, Vatican City, 1994
On Catechesis in Our Time (*Catechesi Tradendae*) (CT), Pope John Paul II, 1979



Appendix Two: Resources

CTN digital religion videos are available through LEARN360 (an interactive, media-on-demand digital delivery service) to Parishes that have an association with a Diocesan School or an Academy. Some videos have teacher resources and most videos are downloadable. There are videos available for ALL grade levels, Kindergarten through High School, focusing on the elementary levels.



This is what you will find within our 500 Catholic videos:

- Animated videos
- Short film videos produced by teens
- Sacramental videos
- Character Builder programs
- Documentaries
- Vocational videos
- Missionary videos
- Church Doctrine and Teaching programs
- Lent, Easter, Advent & Christmas programs
- Lives of Saints programs



If you're ready to integrate technology into your Religion class, opening up an account would be the next step. Contact CTN for more information. Once account is created, there are Learn360 "How To Guides" on our website, under Teacher Resources - www.ctnbq.org

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Appendix Three: Parent/Adult Standards and Outcomes

The following Standards and Outcomes are to be used when organizing sessions for parent and adults. They coordinate with what is being taught at various grade levels to students in parish, school, and academy programs of religious education.

CATECHETICAL TASK ONE: CREED

Catechesis promotes knowledge of faith.

Standard One: We believe in God the Father as our Creator.

OUTCOME: Parents continue to reflect on their understanding of married life and love so as to create a Christian environment in the home.

Standard Two: We believe in Jesus Christ as the Divine Son of God.

OUTCOME: Parents and adults see in the Person of Jesus a model of divine love and forgiveness.

Standard Three: The Bible is the revealed Word of God.

OUTCOME: Parents and adults come to a better understanding that the Word of God gives guidance and meaning to their lives.

Standard Four: Catholic teachings based on Sacred Scripture, the Creeds, and the *Catechism of the Catholic Church*.

OUTCOME: Parents and adults:

- give the Bible a special place of honor in their homes and family lives.
- rely on official Church documents to form their ongoing understanding of Catholic teachings and to make important decisions in their lives.

Standard Five: We believe that men and women were created to live in union with God in this life and in Heaven forever.

OUTCOME: Parents and adults give witness that faith in God and fellowship with the Church are necessary means of salvation.



CATECHETICAL TASK TWO: SACRAMENTS

Catechesis promotes a greater participation in the Liturgy and the sacraments of the Church.

Standard One: Encourage active participation in the Mass and various other liturgical celebrations of the faith community.

OUTCOME: Parents and adults catechize others by the witness of their Christian lives and by their participation in the life of their local parish.

Standard Two: Promote a basic understanding of the Catholic Church as the People of God.

OUTCOME: Parents and adults see the Church as both human and divine, and as a sign and instrument of God's plan to unite all of God's people in Christ Jesus.

Standard Three: Catholics prepare and celebrate the Sacraments with an emphasis on the centrality of the Eucharist.

OUTCOME: Parents:

- by word and example, assist their children in preparing for the Sacraments of Initiation.
- briefly explain the symbols, words and actions associated with each Sacrament:
 - Baptism (CCC#1234-1245)
 - Penance (CCC#1423-1424, 1480-1484)
 - Eucharist (CCC#1328-1344, 1348-1355)
 - Confirmation (CCC#1293-1301)
 - Holy Orders (CCC#1537-1538, 1541-1543, 1572-1574)
 - Matrimony (CCC#1621-1624)
 - Anointing of the Sick (CCC#1517-1519)

Standard Four: Instill a sense of priority to actively participate in Sunday Mass and Holy Days of Obligation.

OUTCOME: Parents and adults actively participate in the sacramental life of the Church, especially the Sunday Eucharist.



CATECHETICAL TASK THREE: MORALITY

Catechesis promotes moral formation in Jesus Christ.

Standard One: Catechetical programs teach the reality of sin and evil in the world.

OUTCOME: Parents and adults counteract the presence of sin and evil in the world by practicing the spiritual and corporal works of mercy.

Standard Two: Jesus is the model for Catholic/Christian living and decision making.

OUTCOME: Parents and adults:

- rely on the Person of Jesus, the moral teachings of the Church, and the movement of the Holy Spirit to grow in moral maturity.
- teach their children that one's intention and the circumstances surrounding an action can change the moral nature of the act but can never justify the commission of an objective evil.

Standard Three: A person's conscience is formed by Church teachings.

OUTCOME: Parents and adults seek to live and teach with a conscience formed and informed by the Beatitudes and Teachings of the Church.

Standard 4: Catechetical programs present and explain age appropriate moral truths concerning human life.

OUTCOME: Parents instruct their child in the spiritual, physical, and emotional dimensions of the gift of sexuality.



CATECHETICAL TASK 4: PRAYER

Catechesis teaches the Christian how to pray with Christ.

Standard One: Learners actively participate in the Mass, various forms of worship, formal prayers, and devotions.

OUTCOME: Parents teach their child:

- appropriate prayers and Bible stories.
- the true meaning of feast days like Christmas and Easter.

Standard Two: Faith Formation programs support and empower parents as the primary religious educators of their children.

OUTCOME: Parents teach prayer by being people of prayer.

Standard Three: Private prayer is a means by which we communicate with God and strengthen our relationship with Him.

OUTCOME: Parents and adults make prayer and spiritual reflection an essential part of their lives.

CATECHETICAL TASK FIVE: EVANGELIZATION

Catechesis prepares the Christian to live in community and to participate actively in the life and mission of the Church.

Standard One: A variety of vocational callings are a response to one's baptism in Christ.

Outcome: Parents and adults realize that like the Church, they too have a duty to proclaim Christ to others at home, in the workplace, and in society in general.

Standard Two: Engage the learner in service to the community as a response to the Gospels and as a primary way of coming to know, love, and serve God.

OUTCOME: Parents and adults demonstrate discipleship by sharing their time, talent and treasure with the poor and elderly.

Standard Three: Promote understanding and respect for different cultures and religions.

OUTCOME: Parents expose their child to the traditions of other cultures and religions, and show respect for all.

Standard Four: Support the exercise of responsible stewardship for the gift of God's creation.

OUTCOME: Parents and adults teach their child examples of stewardship for the gift of God's creation.



CATECHETICAL TASK SIX: EVANGELIZATION Catechesis promotes a missionary spirit that prepares the faithful to be and to give a clear Christian witness in society.

Standard One: Society, as well as the individual, must work to apply the principles of social justice and peacemaking to personal and societal situations.

OUTCOME: Parents teach their child to recognize some of the challenges to human dignity such as the right to life for all, the treatment of immigrants, and the victims of prejudice and crime.

Standard Two: Acknowledge and affirm the dignity of each human person.

OUTCOME: Parents and adults treat one another and others in ways that respect their God-given dignity.

Standard Three: The Ten Commandments and the Eight Beatitudes provide a foundation for Catholic/Christian living.

OUTCOME: Parents and adults speak of the many ways God helps us to live as disciples of Christ, such as the Ten Commandments and the Eight Beatitudes.



Appendix Four: General Standards for Sacraments

These standards apply to all catechists who are preparing candidates to receive the Sacrament of Penance, Eucharist, and/or Confirmation.

Regardless of his/her age, a candidate preparing to receive the Sacrament of Penance, Holy Eucharist, or Confirmation is expected to know and understand the following:

EUCCHARIST

In preparation to receive the Sacrament of Eucharist, the candidate must know and understand at least the following:

- The Eucharist is a living memorial of Christ's sacrifice for all mankind and a commemoration of His Last Supper.
- Jesus instituted the Eucharist at the Last Supper on the night before He died for us.
- The ordinary bread and wine becomes the Body and Blood of Christ (transubstantiation).
- A fast of at least one hour before receiving the Eucharist is required.
- A person must be in a state of grace before receiving the Eucharist.
- The Eucharist brings us closer to God and one another.
- A person must receive the Eucharist at least once a year during the Easter season.
- The Eucharist is the "source and summit" of our life.
- The celebrant of the Eucharist is a validly ordained priest or bishop who acts in the Person of Jesus and in the name of the Church.

PENANCE

In preparation to receive the Sacrament of Penance, the candidate must know and understand at least the following:

- The Sacrament of Penance may also be known as the sacrament of Reconciliation, Forgiveness, Confession, and Conversion.
- Christ instituted the Sacrament of Penance for those who are baptized but have been separated from Him by sin.
- Penance helps us to grow in relationship with Jesus and one another (the Church).
- Penance allows us to overcome our failures and weaknesses.
- The priest is the ordinary minister of Penance but we are truly confessing to Jesus Himself.
- The priest is bound to maintain the "sacramental seal" and to never reveal what was said to him while hearing one's Confession.
- The Act of Contrition may be said in this form or any other similar form:

My God, I am sorry for my sins with all my heart.
 In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.
 I firmly intend, with your help,
 To do penance, to sin no more,
 And to avoid whatever leads me to sin.
 Our Savior Jesus Christ suffered and died for us.
 In His name, my God, have mercy.
 Amen.



- A person is required to confess mortal sin at least once a year but always before receiving Eucharist.
- A mortal sin is something that is seriously wrong, freely chosen, and breaks the relationship with God.
- A venial sin is a sin that is less serious than a mortal sin but still hurts our relationship with God.

CONFIRMATION

In preparation to receive the Sacrament of Confirmation, the candidate must know and understand at least the following:

- The ordinary minister of the Sacrament of Confirmation is the Bishop.
- Confirmation is that sacrament that completes what was begun in Baptism.
- The effect of Confirmation is a special outpouring of the Holy Spirit that gives us strength to witness to our Catholic faith.
- The essential rites of Confirmation include the anointing with Sacred Chrism and the laying on of hands.
- One must be in a state of grace to receive Confirmation.
- Confirmation leaves an indelible mark on one's soul.

The Confirmation candidate must prepare to receive the Sacrament of Confirmation by assuming the role of disciple and serving the needs of the community.



Appendix Five: USCCB Conformity Listing of Texts and Series

Please refer to the United States Conference of Catholic Bishops Conformity Listing of Catechetical Texts and Series found on the Internet at <http://usccb.org/about/evangelization-and-catechesis/subcommittee-on-catechism/upload/Current-Conformity-List.pdf>



Appendix Six: Official Church Catechetical and New Evangelization Documents

[The Catechism of the Catholic Church](#)

[Compendium of the Catechism of the Catholic Church](#)

[The General Directory for Catechesis](#) (1997)

[Catechesi Tradendae](#) (1979) – John Paul II exhortation “On Catechesis in Our Time”

[Evangelii Nuntiandi](#) (1975) – Paul VI exhortation “On Evangelization in the Modern World”

[Guide for Catechists](#) (1993) – Document of vocational, formative and promotional orientation of Catechists, Congregation for the Evangelization of Peoples

[Adult Catechesis in the Christian Community: Some Principles and Guidelines](#) (1990), International Council for Catechesis

[The General Catechetical Directory](#) (1971)

Documents of the Second Vatican Council:

[Dei Verbum](#) (1965) – Dogmatic Constitution on Divine Revelation

[Lumen Gentium](#) (1964) – Dogmatic Constitution on the Church

[Gaudium et Spes](#) (1965) – Pastoral Constitution on the Church in the Modern World

[Gravissimum Educationis](#) (1965) – Declaration on Christian Education

[Ad Gentes](#) – Decree on the Mission Activity of the Church

[Inter Mirifica](#) (1963) – Decree on the Media of Social Communications -

The United States *National Directory for Catechesis* (2003) is available only in book form

The *United States Catholic Catechism for Adults* (2006) is available only in book form

[Doctrinal Elements for a Curriculum Framework for the Development of Catechetical Materials for Young People of High School Age](#) (2008)

[Adaptation of Doctrinal Elements for Use in Parish and Youth Ministry Programs](#) (2010)

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